

## 10 Tips for Family Caregivers

Caregiving is a job and respite is your earned right. Reward yourself with respite breaks often.

Watch out for signs of depression, and don't delay in getting help when you need it.

When people offer to help, accept the offer and suggest specific things that they can do.

Educate yourself about your loved one's condition and how to talk effectively with doctors.

There's a difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence.

Trust your instincts. Most of the time they'll lead you in the right direction.

Caregivers often do a lot of lifting, pushing, and pulling. Be good to your back.

Grieve for your losses, and then allow yourself to dream new dreams.

Seek support from other caregivers. There is great strength in knowing you are not alone.

Stand up for your rights as a caregiver and a citizen.

## Telephone Resources

Alzheimer's Association  
24/7 Helpline  
1-800-272-3900

Elder Benefit Specialist  
920-674-8135

Disability Benefit Specialist  
920-674-8158

Senior Dining &  
Home Delivered Meals  
920-674-8134

Transportation  
920-674-8104

ADRC  
Phone: 920-674-8734  
Toll-free: 1-800-740-2372

Email: [adrc@jeffersoncountywi.gov](mailto:adrc@jeffersoncountywi.gov)

**Come Visit us on the Web!**

[www.adrc@jeffersoncountywi.gov](http://www.adrc@jeffersoncountywi.gov)

OR

<http://jeffersoncountyadrc.assistguide.net/>

Updated 03/2016



1541 Annex Road  
Jefferson, WI 53549

## Family Caregiver Support & Services



Our mission:

To serve and support caregivers by connecting them to resources that help them provide compassionate, dignified care to their loved ones

## Providing Services & Support to Caregivers

Advocacy

Benefit Check-ups

Counseling & Support Groups

Family Care Assessments

Home Delivered Meals

Information & Assistance

Medication Management

Nutritional Counseling

Options Counseling

Transportation

### Support Programs

The National Family Caregiver Support and Alzheimer's Family Caregiver Support Programs helps maintain and improve the abilities of caregivers by helping to coordinate formal and informal services.

The intent is to assist caregivers through information, assistance and support programs. Priority is given to caregivers of people who have been diagnosed with Alzheimer's.

Disease or other dementia and family caregivers who are older adults caring for people, including children with severe disabilities.

The programs provides funding on a *limited basis* for supplemental services and/or respite care.

- Adult day care
- Assistive technologies
- Counseling
- Emergency Response Systems
- Incontinence Supplies
- Personal Care
- Respite Care
- Supportive home care
- Transportation

To learn more about supports & services available to caregivers, please contact the Aging & Disability Resource Center. Someone is available to take your call between the hours of 8 a.m.—4:30 p.m. Monday-Friday.

## Support Groups

### Alzheimer's or other Dementia

Reflections Adult Day Care

511 Madison Avenue

Fort Atkinson, WI 53538

3rd Monday

6:30 pm—8:00 pm

Hearthstone/Fairhaven

426 W. North Street

Whitewater, WI 53190

1st Thursday

1:30 pm—3:00 pm

Marquardt Village

Anna Nitschmann Apartments

1035 Hill Street

Watertown, WI 53094

3rd Tuesday

3:30 pm - 4:30 pm

### One-on-One Consultations

The ADRC offers caregiver's support via person-to-person through care consultations. To schedule a consultation, please call:

**920-674-8734**

or

**1-866-740-2372**